

DEVELOPING A RELATIONSHIP

A project for Interpersonal Relationship Classes

Designed by

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TITLE

Developing a Relationship

GRADE LEVEL

Grades 9-12

PRODUCTS

Development of a relationship

Journal of experiences

Elder presentation

DRIVING QUESTION

How can I develop a relationship with someone I don't know and haven't been around before?

COMPREHENSIVE STANDARD (Family and Consumer Sciences)

4.0 Demonstrate respectful and caring relationships in the family, workplace and community.

- 4.1.1 Identify characteristics of respectful, healthy relationships.
- 4.1.2 Determine the processes for building and maintaining respectful, healthy relationships.
- 4.1.4 Examine the impact of various stages of the family life cycle on interpersonal relationships.
- 4.3.1 Examine communication styles and their effects on relationships.
- 4.3.2 Demonstrate effective listening and feedback techniques.

FACS CONTENT KNOWLEDGE

Key Words: relationship, communication, planning

ACADEMIC SKILLS

SD Communication Language Arts Standards

Goal 1-Indicator 4, Benchmark c: Compile and synthesize information to make reasonable and informed decisions.

Goal 2-Indicator 1-Benchmark b: Use expressive vocabulary and correct spelling in written work.

Goal 3-Indicator 1-Benchmark b: Use various listening techniques in problem solving and decision-making situations.

Goal 3-Indicator 1-Benchmark c: Determine the effect of nonverbal cues on interpersonal communication.

Goal 4-Indicator 1- Benchmark b: Deliver information in a logical, organized and coherent manner.

Goal 4-Indicator 1-Benchmark c: Use auxiliary resources to enhance oral presentations e.g. visual aids, special effects.

PROCESS OUTCOMES:

Foundation Skills: *Basic Skills*: reading, writing, speaking and listening

Thinking Skills: Problem solving and decision making

Personal Qualities: Individual responsibility, sociability

Competencies: *Information*: Interpret and Communicate Information

TIMELINE

Approximately 10 hours of time over a 9 week period of school. This will vary depending on whether or not you are on block scheduling.

PROCEDURE

After studying the qualities of a good relationship and discussing ways to develop a relationship, students will select a name of a person from a list supplied by the teacher. They will interview an elder and determine a time and place to meet to carry out various activities with the person in order to develop a relationship.

TEACHER NOTE:

This project could be adapted to other categories of people such as children, immigrants, or special cultural groups within the community that merit greater understanding. It would be a good idea to check out privacy issues with the nursing home, etc. that you are using before introducing the project to the students.

RESOURCES:

Available textbooks dealing with relationships. I use Contemporary Living by Verden Ryder and Marjorie Harter. It is published by Goodheart-Wilcox Company, Inc.

List of names from local nursing home or assisted living facility

An excellent source of ideas for projects is www.somethingtoremembermeby.org

ACTIVITIES TO COMPLETE THE PROJECT:

1. Research information about the development of relationships using available resources.
2. Select a name from a list provided by the teacher.
3. Set up a time to meet with your elder.
4. Introduce yourself and fill out the survey sheet. Keep the sheet in your journal.
5. Keep track of your thoughts and feelings in a journal. Be sure to document how your relationship is developing and what factors are affecting this development. Specific questions to answer after each activity are found on the activity planning sheet. Be sure you write in your journal each time you meet with your elder.
6. Set up a schedule of times to meet with your elder during the next 9 weeks. Class time on Fridays will be used for 5 of the visits, and you will be responsible for other times. Use the planning sheet to provide tentative plans and dates. Visits should be a minimum of a class period in length. Fill out the activity planning sheet for each specific activity you plan to complete.
7. Set up a time to do something social with your person. This could include letter writing, playing cards or checkers or dominos, reading a story, helping them with an activity at the center.
8. Do something helpful—shop for the person, rearrange their bulletin board, get them a book or magazine, make a decoration for their door.
9. Do something together for fun—look at picture albums, write a story about school in olden days, discuss childhood games and things they did years ago.
10. Do something special for a holiday—make a tray favor, discuss holidays, address cards, make a decoration.

11. Participate in a group planned activity with your person—this could be a birthday party, activity time, holiday celebration or meal function. The class could go together a plan an activity for all elders involved in the project.
12. Other—check with your instructor or the nursing home director for ideas of something that is specifically suited to your elder.
13. Take a picture with the digital camera of you and your person. Share the picture with your person and place a copy on the classroom bulletin board.
14. Fill out the analysis sheet and hand in with your journal at the end of the project.
15. Participate in a class presentation called “Meet My Elder” in which you introduce your person to your classmates by showing them the elder’s picture and describing their childhood and school memories and a short summary of the activities you participated in with your elder during this project. This should be a 5 minute presentation. This could be done as a power point or as a scrapbook type of presentation.
16. Think about developing this project into a Power of One or Interpersonal Communication STAR event for FCCLA.

ASSESSMENT:

Analysis Sheet for the project

Relationship rubric

Specific Requirements for Class Presentation:

Introduction

Use of digital picture

Description of elder’s childhood

School memories

Summary of activities you planned and completed for your project

Presentation is interesting and creative

Length: 5 Minutes minimum

Specific questions to be addressed in the journal assignments are found on the activity planning sheet. These should be evaluated after each activity is completed. Journal entries should be written with good grammar and show thought. Each question should be answered with a minimum of one sentence for each question.

RELATIONSHIPS PLANNING SHEET

NAME _____

NAME OF ELDER _____

IDENTIFY YOUR CONCERN:

SET A GOAL:

FORM A PLAN:

Initial meeting Introduction Survey sheet Date	Social Activity	Helpful Activity
Done for Fun	Holiday Plan	Group Activity
Picture Taking	Other	Other
Other	Meet My Elder Presentation	Evaluation -Fill out analysis sheet -Final journal entry -Power of One

ACT: Complete each activity and then fill out your journal. Use complete sentences and good grammar. In your journal do the following:((Questions are also on activity planning sheet.)

- List day and time and a summary of what you did
- How did you feel about the experience?
- What did you learn?
- What could you have done differently?
- How did your elder respond to the event?
- What communication skills did you practice?

FOLLOW UP: Fill out the analysis sheet. Discuss with your classmates how you can apply your knowledge to another life situation and what advice you could give someone about establishing a relationship.

RELATIONSHIPS PROJECT RUBRIC

Assignment	25-23	22-21	20-19	19-17	16 & below	Your points
Survey and Planning and Analysis sheet	All information completed on time with thought, consideration, & completeness	All information completed in a timely fashion with thought & consideration	One question not completed	Two or more questions not completed	Unanswered questions with incomplete thoughts	
Overall planning sheet						
Analysis Sheet						
Activities	Plan completely filled out, & activity carried out as planned	Plan is filled out, and activity is completed & lasted 50 min	Plan missing one part and activity lasted 45 min	Plan missing 2 parts, and lasted 30 min.	Plan missing 3 or more parts and activity was less than 20 min.	
Social						
Helpful						
Fun						
Holiday						
Group						
Other						
Other						
Other						
Presentation	Meets all criteria	Missing one criteria	Missing 2 criteria	Missing 3 criteria	Missing 4 or more criteria	X2
Journal x 8 activities	All questions show thought & good grammar	All questions answered with good grammar	1 question missing	2 or more questions missing	3 or more questions missing	X8

ANALYSIS SHEET
RELATIONSHIPS PROJECT

NAME _____

After completing your project answer the following questions. This sheet will be handed in with your journal for part of your grade for the project.

1. In your opinion what was the hardest part of developing a relationship with an elder?

2. Why is spending time with a person an important part of developing a relationship?

3. Of what value is the use of communication skills—such as speaking, listening, use of feedback, in the development of a relationship?

4. In what ways would the age of the person affect the development of a relationship?

5. What is the most important thing you will remember from this experience?

6. Do you plan to continue your relationship after the assigned time of the project?

7. What advice would you give someone that is just starting the project?

8. How can the steps of development of a relationship with an elder be applied to relationships with others at different stages of the life cycle?

9. Why was planning an important part of the project?

10. In what ways have your ideas about elders changed since you started this project?

SURVEY SHEET—RELATIONSHIPS PROJECT

NAME _____

In order to learn more about the person you are working with you will need to ask them the following questions and then record their answers on this sheet.

1. What is your name? Age _____
2. Tell me at least one interesting thing about yourself.
3. When were you born? Where?
4. Describe your family—brothers, sister, children, parents, etc.
5. What are your hobbies or special interests?
6. What is one thing you would really like to do within the next year?
7. What is your favorite holiday How do you like to spend that day? How did you spend that day as a child?
8. What is your favorite childhood memory?
9. What is your favorite food?
10. What is your favorite TV program or game?
11. Do you enjoy reading books or magazines?
12. Tell me about going to grade school.

ACTIVITY PLANNING SHEET

NAME _____

DATE OF ACTIVITY _____

NAME OF ACTIVITY _____

TIME TO BEGIN ACTIVITY _____

OBJECTIVE OF ACTIVITY:

TIME PLAN:

MATERIALS NEEDED:

THINGS TO THINK ABOUT:

- Help needed
- Permission slip from school
- Transportation to nursing home

QUESTIONS TO THINK ABOUT DURING THE ACTIVITY AND TO ADDRESS
IN YOUR JOURNAL AFTER COMPLETING THIS ACTIVITY:

- Date and time
- Summary of Activity
- How did your elder respond to this activity?
- What did you learn?
- What could you have done differently?
- What communication skills did you practice?
- How did you feel about this experience?
- How is your relationship growing?
- What factors are affecting how your relationship is growing?

SAMPLE CRISIS SITUATIONS: These may need to be adapted based on what you want to address with the crisis.

Grandma is coming to visit for 6 months. She is broke. How will you handle this? She owes the bank \$400 for an overdue loan and she is depending on you to pay it back. She also needs at least \$100 a month for medicine.

Your range broke down this morning. None of the burners will heat. You need to replace the range. You have to do it immediately because all the family is coming for dinner on Sunday.

You are flying home from vacation. Your luggage is lost. All the clothes you need for work are gone. It will be at least 2 months before the airlines will compensate you. You need at least \$750 for clothes.

A robber got into your apartment and stole your TV, microwave and refrigerator. You hadn't purchased renter's insurance and the appliances were yours. You need to replace them immediately.

You just received a notice from the IRS and you misfigured your taxes and you owe \$675 immediately. You need to pay it this month.

You just received a letter from your Dad this morning. You need to lend him \$675 tomorrow. He is desperate.

You just received notice that your Grandma has died. You need to go to the funeral. You will need a plane ticket for \$600 and will have to miss work for 5 days.

Your parents will be moving to another town. You will need to move with them in order to help take care of them. Cost of the move is \$500 for the moving van. You will also have to find a new job because it is too far to commute.

You have just received an eviction notice for your apartment. You all have to move and the only apartment you can find in the area costs \$600 a month and your roommates are not interested in living with you anymore.

You just received a letter from your Grandmother. She is sending you a check for one thousand dollars.

Your father is desperately ill. You must fly to see him. The plane ticket costs \$650.

You ran over a bunch of bottles on the way to work today and ruined all 4 tires on your car. You can't replace them for less than \$100 each.

You were attacked by a dog as you got in your car and your new winter coat was ruined and your glasses were broken. You need to replace both of these. The coat costs \$150 and the glasses are \$350.

Your TV exploded this morning when you turned it on. You need to replace it.

You just found out you/your girlfriend or spouse is pregnant. The doctor requires \$1000 down payment before he begins prenatal care.

You had a wreck on the way to work today. Your car is totaled. You must replace it.

Your sister is getting married. You need a plane ticket for \$600, a new suit for \$200 and a gift for \$75.

Your big brother just got to town and needs to borrow \$800 from you. Even though you may not have it, you have decided you will find a way to lend it to him.

You broke your leg this morning. You won't be able to work for 3 weeks. Your job doesn't offer any benefits—so no pay.

You just found a pink slip in your pay envelop today. No job after this week. You have looked at want-ads and you can't start work for a month.

Your mother just called you and Dad has to have an operation. She needs you at home for 2 weeks. You need to fly (\$400) and take a 2 week leave of absence from work with no pay.

A bad storm hit your house and broke out all the windows. Your insurance doesn't cover hurricanes and you have to pay for 12 windows.